Assessment of the Determinants and Epidemiology of Psychological Distress (ADEPD) Study

Resiliency Theme Group
18 November 2008

The ADEPD Study aims to provide a comprehensive analysis of the determinants of Psychological Distress (PD) and psychological wellness in relation to a range of demographic, social, economic and health related characteristics in the South Australia population.

Objectives
• Investigate the relationship between PD/wellness and socio-economic variables, health indicators, mental health, usage of health service and other mental health instruments
• Consensus development among experts about determinants of PD
• Implications of findings for policies and strategies to reduce PD

Data Sources
• The main data source is ‘The South Australian Monitoring and Surveillance system’ (SAMSS), which is a continuous telephone data collection system that interviews a representative sample of South Australians each month.
• The data used for analysis included 2002/2003 to 2007 data from SAMSS.

Completed Reports
1) Baseline Report: Determinants of Psychological Distress in South Australia
2) Short Report: Housing and Psychological Distress in South Australia
3) Short Report: Chronic conditions and Psychological Distress in South Australia
Completed Reports

1) Baseline

Prevalence of psychological distress was higher amongst:

- females than males
- those with presence of chronic and mental conditions than those without
- those with health risk factors than those without
- those who were younger than those being older

2) Housing and PD

Prevalence of psychological distress by housing tenure

<table>
<thead>
<tr>
<th>Housing Tenure</th>
<th>Psychological Distress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home owned/being purchased</td>
<td>8.9%</td>
</tr>
<tr>
<td>Privately rented</td>
<td>13.9%</td>
</tr>
<tr>
<td>Housing SA</td>
<td>19.9%</td>
</tr>
</tbody>
</table>

3) Chronic conditions and PD

Several different demographic, socioeconomic and health-related variables were associated with psychological distress for each chronic condition group e.g. age, gender, chronic conditions, financial situation and employment status.

- The more chronic conditions a person had the greater the likelihood of reporting psychological distress.
- Younger people with chronic conditions showed a stronger association with higher psychological distress levels than older people.

4) Chronic conditions and PD

Several different demographic, socioeconomic and health-related variables were associated with psychological distress for each chronic condition group e.g. age, gender, marital status, physical activity and cholesterol level.
Work in Progress
- Short Reports: Mental health, health service utilisation and unemployment
- Mapping of psychological distress
- Consensus Development
- Analysis of K10 vs. SF-36
- On-going systematic literature review
- Trend analysis by various topics
- Comparison of psychological distress prevalence from a range of data sources
- Final report (Strategic Health Program Document)

Work in Progress
Psychological distress vs. resilience
- We will examine data on people with low PD even though they may experience factors commonly associated with high PD
- Collection of extra information could proceed via interviews and standardised scales?
- What are the predictor variables? We seek your feedback and input on assessment tools

Strength & Barriers
Strength
- Very large sample size (n=22,582)
- Application of scientifically accepted instruments e.g. K10
- Data have been gathered monthly over a long period of time, mid 2003 to mid 2007, which allows for trend analysis
- Random sampling (which allows for results to deliver estimates for the overall South Australian population)
- Standardised methodological approach of survey subjects

Strength & Barriers
Barriers
- Self-reported data
- Not tracking individuals
- Cross sectional design
- Telephone survey
- Priority population included only e.g. homeless people are excluded

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ANY QUESTIONS OR COMMENTS?

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